



new Bernal Journal

August/September '94

Serving the Bernal Heights Neighborhood of San Francisco

Volume 31 • Number 5 • Free!

A Call For Neighborhood Action

Raising a stink

Tensions mount over proposed Crosstown Tunnel and sewer vent

*By Phil Chang and
Jeff Marmer, Committee
Against the Crosstown
Tunnel members*

The Department of Public Works' Crosstown Tunnel, a proposed sewage tunnel that would originate from the Southeast Treatment Center in Bayview/Hunter's Point, flow through Bernal Heights and emit from an ocean outfall by the zoo, needs our immediate attention.

Bernal Heights residents are concerned about the possibility of the tunnel's vent on top of Bernal

Hill that would emit gases from over half of the city's wastewater. Most San Franciscans, however, don't know that the tunnel is one linchpin in a far-ranging plan to dump agricultural and industrial waste from the Central Valley and South Bay cities 4 1/2 miles off our coast.

DPW tries to close off public comment

As Bernal neighbors wage grassroots efforts to question the health, safety and environmental responsibility of proposal, the

DPW tries to close off the public comment period for citizens to respond to the proposal. Neighbors who formed the Committee Against the Crosstown Tunnel realize that this comment period is critical and have been urging residents to respond. Lobbying the Mayor, S.F. Board of Supervisors and the DPW is one of the last means of forcing the DPW to withdraw their "flawed" Environmental Impact Report and produce more complete studies.

"It would be tragic if this sloppy

- Continued on page 4...



If the Department of Public Works has its way, the Bernal Hilltop would have a tunnel drilled through it along with shafts to vent out sewer gases as part of its Crosstown Tunnel proposal.



Photo by Vicki Victoria

Counter clockwise from left: GPP Counselor Rudy Corpuz, program participant Eddie, GPP counselors Reynaldo Barrios and Tori Eva and GMC Coordinator Joy Ferguson.

Summer with the Gang Prevention Program...page 12

Bernal issues voiced to the City

Town Meeting addresses concerns of the '94 Community Congress

by Helen Helfer, BHNC Executive Director

On July 14, the Bernal Heights Neighborhood Center (BHNC) and neighbors from around the hill held a town meeting with representatives from several city offices. The purpose was to press for action on the issues raised at the BHNC's Community Congress, the 26 house meetings we held around the hill last spring and new concerns raised at the town meeting.

Present from the city were:

- Street Environmental Services:
John Roumbanis,
superintendent, 695-2015
Chris Montgomery,
district supervisor for
Bernal Heights, 695-2178
- Department of Parking and
Traffic, Julie Lau, 554-2310

- Department of Heat Light and
Power, Dee Lemmon, 554-0731
- Department of Public Works

Robert Mason,
Street Paving Section,
554-8251
Robert Quan,
Sidewalk Section,
554-5797

Some of the hot issues raised included:

- Better lighting under the Highway 101 underpass at the foot of Cortland Avenue, the 500 block of Moultrie and throughout Bernal Heights.
- Establishing a stop sign at the corner of Cortland Avenue & Nevada Street and a slow sign on Cortland.

Continued on page 16...

People on the Hill

In shape with the Navarro Family

By Vicki Victoria

It's 5:30 p.m. on the clock announcing "It's time to work out" on the facade of 3470 Mission Street. Looking through the large glass windows, you can see women moving to funky aerobic beats, children putting on their karate gees or a man working up a sweat on a lifecycle. This is the home of Navarro's Fitness Center, a family-owned gym that is the neighborhood's longtime resource for getting in shape and learning the martial arts.

The gym doesn't have the neon and pastel colors of the larger and flashier downtown gyms, but it does have solid weight and

Continued on page 5



Carlos Navarro Sr., and daughter Ruby bring the martial arts and fitness to Bernal Heights through their family run gym.

**Don't Miss Bargains Galore
on Saturday, August 13...
Hillwide Garage
Sale Map! Page 13...**

Neighborhood Shopping Guide & Classifieds: Pages 10 & 11

new Bernal Journal

515 Cortland Avenue, San Francisco, CA 94110 • (415) 208-2144

The *New Bernal Journal* is a bi-monthly neighborhood newspaper sponsored by the Bernal Heights Neighborhood Center. It is dedicated to providing the people of Bernal Heights with community news, ideas, issues, and events that support the Center's mission: "To empower people in efforts to preserve the ethnic, cultural, and economic diversity of Bernal Heights and improve the economic condition of low and moderate income people in Bernal Heights." The *New Bernal Journal* is distributed door to door, free in Bernal Heights. Articles express the views of contributors and not necessarily those of the Bernal Heights Neighborhood Center.

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From the Editor's Desk

Neighborhood newspapers demand apology

The San Francisco Bay Guardian reported in their July 13 issue that the San Francisco Neighborhood Newspaper Association was "bought off" by the Committee on Jobs in their campaign to question the feasibility of maintaining a city budget based on an outdated City Charter written in 1932. The Guardian's main evidence to support this claim was that advertising space was purchased in these neighborhood newspapers by the Committee on Jobs. The Guardian charged that the neighborhood newspapers' editorial content was directly influenced by accepting this advertising.

C'mon, guys, the simple act of purchasing advertising space in a newspaper means that you automatically buy them off? If the Guardian was to apply this outrageous claim to their own advertising, they would have to seriously question their own integrity.

I suppose that the pornography industry has "bought off" the Bay Guardian, with the back pages of their publications chock full of 1-900 telephone ads like "Nasty girls do it live," "Women want to rub you in all the right places," or "Horny women on 24 hours, 7 days." These women-as-sex-objects ads are quite a contrast to the

Guardian's usual stories of the empowerment of, and rights and equality for women. Even the S.F. Chronicle/Examiner had the decency to lessen their exploitation of women by printing the faces only of women clad in trashy lingerie in ads placed in their papers for the sex show industry. Now, to find these types of degrading ads, you only have to pick up a Bay Guardian to see slobbering women in fishnet bodysuits clasping their breasts. The Guardian has been called a telephone sex service with

a news department. Does the Bay Guardian, by its ad acceptance policy, advocate the exploitation and degradation of women?

The Bay Guardian owes an apology, in the form of a re-

Does the Bay Guardian, by its ad acceptance policy, advocate the exploitation and degradation of women?

traction in their paper to the San Francisco Neighborhood Newspaper Association for its malicious, unfounded attacks. These neighborhood newspapers, including the *New Bernal Journal*, *New Filmore*, *New Bayview*, *Marina Times*, *West of Twin Peaks*, *Richmond Review*, *Sunset Beacon* and *New Mission News*, provide an important voice for their residents and communities, printing stories about their neighborhoods that the big dailies and weeklies don't think are important or trendy enough to cover. The Guardian shouldn't feel threatened by the success of neighborhood papers in securing their share of advertising from major corporations and neighborhood businesses not won by the the Guardian's own ad sales staff.

- Vicki Victoria, Editor

Bernal Wish List

You can make a change in the quality of life for our neighborhood youth by donating today!

Precita Center Wish List

Sports Equipment

12 Basketballs**
24 Baseballs
2 Computers (any model)
1 Printer
1 VCR**
Tumbling Mats
3 full-size mirrors
Parts and Labor to repair Nautilus Machine
5/10/15/20 Lb. Dumb Bells**
6 Baseball Gloves (new or used)
1 Catcher's Mitt
1 Throat Protector
12 Athletic Cups
4 Bats

Games & Recreational:

4 Tents
Folding Tables
Games**: board, video, puzzles
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Neighbors' help sought to find missing elderly woman

On January 20, Ruth K. Adams, 81, was abducted from the Valley Manor Rehabilitation Center in Concord, California. Her empty wheel chair was found in the parking lot. Witness accounts confirm that Ruth's daughter, Katherine Adams, removed Mrs. Adams from the care facility. Mrs. Adams is still listed as missing and "at medical risk" by the Concord Police.

Until the Spring of 1992, Mrs. Adams lived with her daughter and legal guardian, Susan Bugher, in her home on Mullen Street in the northeast section of Bernal Heights.



Katherine W. Adams was last seen with Ruth Adams and was most likely to have abducted her mother from her nursing home.

She attended the Bernal Heights Senior Program regularly with assistance of a hired companion. An advanced degenerative illness with symptoms resembling Alzheimer's eventually required that Mrs. Adams receive constant skilled nursing, medication and regular monitoring which the Valley Manor provided.

"When my mother was abducted, her medication and personal effects were all left behind," says Bugher. "Katherine has since told people that my mother died in Mexico."



81 years old Ruth K. Adams is still missing and at medical risk.

Adams, also known as "Kathy," had once abducted her mother before in 1992 and threatened the family that she might "do a Thelma and Louise" with her mother. After moving her mother to various locations around the country, Adams was finally persuaded to bring her mother to Michigan, Mrs. Adams' former home. A court hearing appointed Bugher as Mrs. Adams' legal guardian at the request of other family members. Bugher was advised that Mrs. Adams would be safer in the nursing home if Kathy didn't know where her mother was.

"I believe Kathy my mother because she was not allowed to see her," says Bugher.

Ruth Adams is 5' 5" tall, 118 lbs. with blue eyes and brownish-gray hair. "She is very disoriented and requires help to walk," says Bugher. "The stress of her current situation and the absence of her medication may cause her to hallucinate and react hysterically."

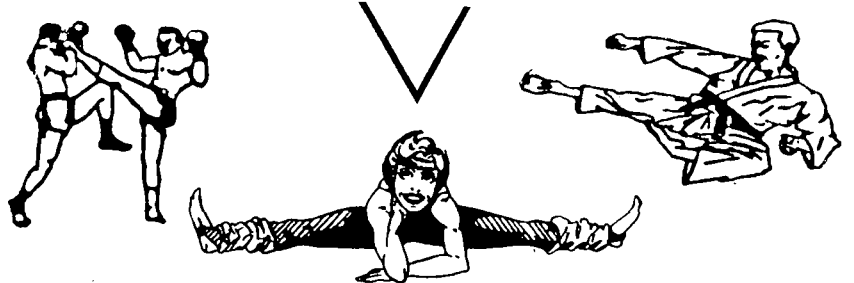
Katherine Adams is 5' 7" tall, 180 lbs. with blue eyes and shoulder length, salt and pepper black hair. She is believed to be driving a 1972 beige motor home with Nevada plate #611 FFG or a 1981 dark blue Toyota pick up with a camper shell, Nevada plate #592 FFE. Anyone with any information to contact Detective Dan Schmidt, Concord Police Department, (510) 671-3214.

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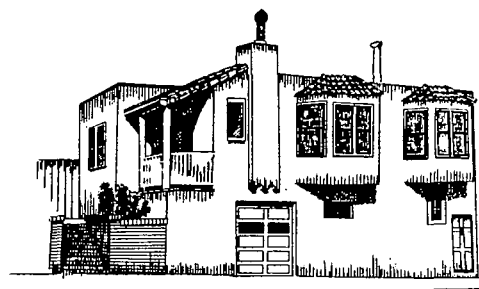


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Crosstown Tunnel

Continued from page 1...

planning by the city puts us on the wrong path for decades," says Bernal neighbor Gail Williams. "This is the time for residents to get involved and this is the time to call."

Why the rush?

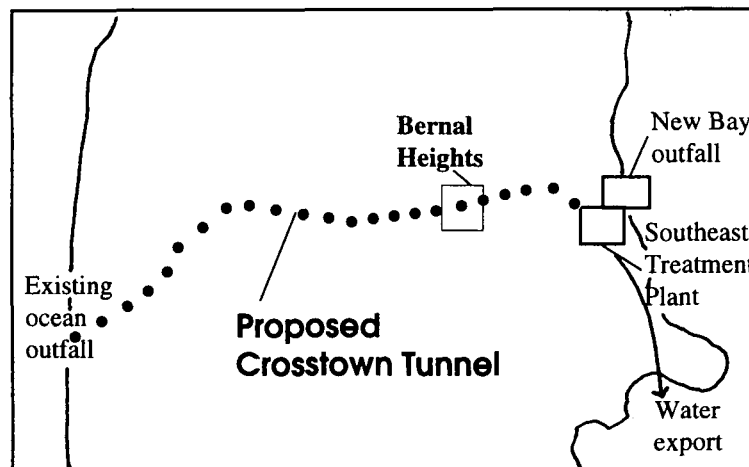
Neighbors are questioning why the DPW rushed to close public input, but at the same time requested a three year extension for a final decision from the Regional Water Quality Control Board. "Residents have been rushed to respond to a 750 page EIR, and yet the Planning Commission has asked for a three year stay for their cease and desist order for their water export plan from the water control board," says Beth Abrams, a Bernal resident and Committee Against the Tunnel member.

"A complete study of real solutions needs to be done," says Abrams. She says that environmental report doesn't present any alternatives that stops sewage overflow into the Bay and therefore does not offer any real solutions. It should also be noted the majority of the EIR analyzes only four "alternatives" that dump poorly treated sewage into the bay or crosstown into the ocean. The fifth alternative for tertiary water treatment is barely mentioned.

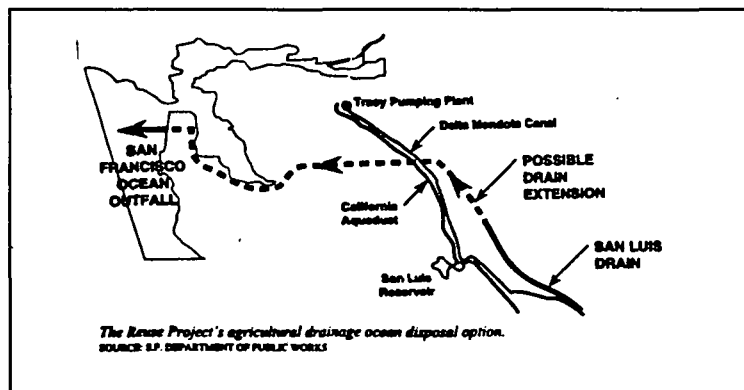
It is important to understand that the Board of Supervisors will be deciding on a course of action based solely on what gets into/ or doesn't get into the final environmental report.

If legal action is required, only what gets into the record during the public comment period can be used for legal challenge against the Crosstown Tunnel. Lawyers working with concerned neighbors say that so much critical analysis has been left out of the EIR, that the only legal recourse is to rewrite it and recirculate it to the public.

tion project that would allow for export of treated agricultural water. Agricultural wastes contain dangerous amounts of selenium and other heavy metals, pesticides and other pollutants. The environmental impact of agricultural waste was well illustrated in the 1985 state ordered shut down of Kesterson Bay, in which Central Valley agricultural runoff poisoned the wildlife preserve and ecosystem. Residents of Bernal Heights ought to know what will travel underneath them and be vented among us — and what effect it may have on our ocean.



The Crosstown Tunnel would run through Bernal Hilltop. Residents fear the odors and pollutants that would be emitted from four sewer vents on the hill.



Residents are wary about the Resuse Project's agricultural drainage ocean disposal option which could threaten to dump pollution in the ocean.

An emerging environmental disaster

The more that is learned about the Crosstown Tunnel, the more it looks like an environmental disaster, not just for Bernal but for all San Francisco. The current EIR from the Planning Commission loosely refers to a water reclama-

Clean-water activists, though, are sniffing out another use for that system. Central Valley farmers and the South Bay cities for years have been clamoring for a way to get rid of their wastewater. They envision another system of tunnels that would carry that waste from the Central Valley, up the peninsula to

the Southeast Treatment Center where it would connect with the Crosstown Tunnel and be carried through Bernal Hill and out to the ocean.

One reason the city is proposing a Crosstown tunnel is that during wet weather, up to 100 million gallons of wastewater overflows a day at the treatment center in Bayview/Hunter's Point. While ignoring the possibility of separating rainwater from wastewater, or fixing the current treatment center at Bayview/Hunter's Point, the Planning Commission's report explores the possibility of a tunnel with a capacity of 590 million gallons per day. There is no mention of other waste being sent through the tunnel, nor any indication that it would be treated.

South Bay cities were previously prevented from digging a wastewater tunnel to Monterey Bay. The South Bay Dischargers, a conglomerate of South Bay interests, is involved in the water "reclamation" project, which has been granted a three-year extension for

Why be concerned?

Bernal neighbors from the Committee Against the Crosstown Tunnel responded to the 750-page Environmental Impact Report with only 30 days to prepare for the only public hearing on the plan. These were main concerns brought to the Planning Commissions.

Air Emissions

Seventy-five percent of the city's sewage would flow through the Crosstown Tunnel, Bernal Hill having the only vent for the system. Questions about odors and assurances that levels of toxic emissions were safe were further heightened when the environmental study found major flaws in the air emissions report.

For example, air samples used to predict what might be in the emissions did not take into account that 150 million gallons of untreated sewage could be coursing through the system during heavy rain. The air emissions study did not fully take temperature, pressure and motion into consideration — all factors that could increase emissions.

The report's health-risk assessments were based on healthy white males. Diverse Bernal Heights also has frail seniors, children with asthma and neighbors with compromised immune systems. New studies show that viruses can survive secondary treatment and escape detection. Neighbors are concerned about the possibility of the viruses being sent up through the tunnel's vent.

Sound Alternatives

A serious study of wastewater alternatives, rather than a single, centralized, high-cost, technological fix, should prevail. Some of the alternatives that should be explored include:

- Urban runoff prevention strategies and conservation techniques such as low-flush toilets and rain catchment systems to reduce the amount of wastewater.

- Advanced, lower cost, biologically superior wastewater treatment techniques, such as integrated pond systems, wetlands, and solar aquacell/greenhouse systems.

- Conventional, centralized, high-tech tertiary treatment plants.

"It would be tragic if this sloppy planning by the city puts us on the wrong path for decades."

- Gail Williams

a feasibility study, while the Planning Commission is attempts to close its current report for public comment.

In other words, the Crosstown Tunnel is close to being approved. Considering that the tunnel would cost \$230 million, the city could be considering other financial support for the Crosstown Tunnel, as long as they had the permission to build it.

Neighborhood effort begins change

On June 23, after facing a packed house and 3 1/2 hours of "the most sophisticated public testimony I've heard in three years on this," Planning Commissioner Sidney Eunobsky granted a 17 day extension. A few days later, in response to a resolution from Supervisor Carole Migden, the Planning Commission offered another 14 day extension, to August 5. At the writing of this article, the DPW succeeded in closing public comment. The Committee Against the Crosstown Tunnel is urging the Board of Supervisors to rescind that administrative decision and withdraw, revise and circulate a new study to the public.

- continued on page 5...

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Immediate action needed to stop Crosstown Tunnel

Call or write to extend the public comment period and to demand that a full study of alternatives be done:

Department of Public Works
1680 Mission Street
SF, CA 94103
Call: 554-8224

Mayor's Office
Room 200
City Hall
SF, CA 94102
Call: 554-6141

Board of Supervisors
Room 235
City Hall, SF, CA 94102
Call: 554-5184
(Clerk can give you individual supervisor phone or fax numbers.)

Crosstown

Continued from page 4...

Immediate citizen action needed

Because the exploration of waste treatment and water recovery alternatives is inadequate in the report, we are pursuing three strategies:

- 1) Presenting alternatives and inadequacies as written comments.
- 2) Lobbying the Board of Supervisors and the Mayor's Office to oppose the Planning Commission. Our goal is to force the Planning Commission to withdraw the report and issue one that explores alternatives fully, with ample opportunity for public comment.
- 3) Building a coalition of people who want to see real solutions through the Coalition for Real Wastewater Solutions. We are in a race against the clock.

Some of the alternatives we are presenting include advanced techniques for ecologically sound waste treatment, rain catchment plans and additional treatment facilities at Bayview/Hunter's Point. Other residents are pointing out the need for further study of gases emitted from waste and the absence of studies of other waste that could travel through the tunnel. We need more experts and more written comments. Possible seismic issues need to be addressed, for instance.

If you know anyone with expertise in city politics or the local press, environmental, scientific, lobbying, fundraising, graphic arts, printing/copying, please contact The Committee Against the Crosstown Tunnel. •

Committee Against the Crosstown Tunnel

What: Volunteers needed for neighborhood action opposing the Crosstown Tunnel.

Call: Jeff Marmer, 285-2429

Beth Abrams, 282-6177

Write: 3435 Army Street, #208, SF, CA 94110

Navarro's

Continued from page 1...

exercise machines for those looking for a serious, no-hassle workout. You also don't have to wait in line to use the treadmill, soak in the Jacuzzi or relax in the steam of the sauna.

Located on Mission Street right off Cortland Avenue, neighbors often walk or do a short, easy drive from their homes to this multiservice gym. "We keep our clients happy and that's why we've remained alive and well as a business for so long," says owner Carlos Navarro.

He displays a framed page from the S.F. Chronicle's Top 100 Businesses for 1994 feature. "You get on this list for being a successful business in existence for a long time," says Navarro. "But, they also interview your clients to make sure that you're running a good business. Our clients gave us great, positive reviews!"

Serving the neighborhood since 1967, Navarro's Gym continues to expand to meet the needs and interests of the community. Several years ago, when women discovered aerobics was a fun way to get fit, Navarro's brought on board several certified aerobics instructors. The gym's latest addition is Thai boxing, or more specifically, "Muay-Thai." It includes rich traditions and philosophies of Thai music and rituals, as opposed to simple "kick-boxing" which is the sacrilegious result of foreigners who misinterpreted and exported Muay-Thai.

Many of the classes at the gym are taught by members of the Navarro family. The family's passion and expertise for physical fitness are clearly displayed through the trophies from local, national and international competitions, some as high as 6 feet, that line their gym walls.

At 60, Navarro, sports a full mane of silvery hair, a toned, tanned body and a handsome smiling face all of which makes him look easily 15 years younger. He also acts like someone much younger, having competed against "the young ones" in national martial arts competitions. An accomplished martial artist, Navarro has earned the high rank of Professor of Kenpo Karate.

Born in El Salvador, Navarro learned the martial arts from his father, José, who informally taught the young boy. In 1954, Navarro came to San Francisco for college and to develop his martial arts skills. He eventually opened a Kenpo Karate studio next to what is now Cesar's Latin Palace and later expanded it to a full-service gym in its present location at 3470 Mission Street. Today, this love for the martial arts has become a family tradition, as all of his four children and his wife, Elba, are skilled in Kenpo Karate, a Chinese style of martial arts.

"I was born into Kenpo," says Navarro's daughter, Ruby. "For me, that's what everything was all about...and as long as I kept good grades in school, my parents let me continue to study it."

Ruby, a 4th-degree black belt, reached the pinnacle of her sport after winning the bronze medal in the Pacific League Championship

Precita House Opens

By Arlene Rodriguez,
BHHC Project Developer

On July 6, the Bernal Heights Housing Corporation (BHHC) once again celebrated the partnership between nonprofit housing developers, supportive service providers, government agencies and the business community to provide resources for people with special needs. Over 40 people participated in the festivities and opening of Precita House, the second BHHC acquisition and rehab for people with HIV/AIDS.

In July 1993, BHHC acquired a two-unit home on Holly Park Circle with Housing Opportunity for Persons with AIDS (HOPWA) funds through the San Francisco Redevelopment Agency, and from the Low Income Housing funds from the Low Income Housing Fund. The Black Coalition of

in 1991. This accomplishment earned her an alternate position on the U.S. Karate Team for the 1992 Olympic Games. Today, Ruby contributes her skills at the gym as a Kenpo instructor, aerobics teacher and the gym's manager.

Everyone in the Navarro family helps to run the gym, including the muscular body builder of the family, Carlos Navarro Jr., who assists those working out in the gym's weight room. In addition to the weights, Navarro, Jr. determines the gym's floor plan to efficiently utilize every space as effectively as possible in the equipment packed center.

The talented family also includes Frank Navarro, who became a neighborhood celebrity in 1989 when he wrote, directed and starred in a martial arts motion picture entitled, "Flask." Filmed in the neighborhood, the film broke down racial stereotypes featured many Bernal Heights locations. Also a skilled musician, dancer and composer, Frank under his stage name of "El Salsero," recently released his latest Salsa, Hip-Hop CD, "Sangre Nueva." And in keeping with the Navarro tradition, Frank also holds a Black Belt in karate.

The Navarro family also believes solidly in community service and volunteers with groups such as the Mission Economic & Cultural Association, Police Activities League and Real Alternatives Program. A wall of snapshots near the gym's juice bar highlights the youth outings and sports that the Navarro's have helped raise funds for, organize and lead.

"I can't say no to the youth," says the elder Navarro. "There's less and less for them out there. Here, in the gym, they can do something positive."

Navarro and his family welcome the community. "People always feel welcome here because we treat them with friendliness and respect," says Navarro.

As one of Bernal Heights' most enduring business operators, the Navarro Family continues to be in great shape in more ways than one. •

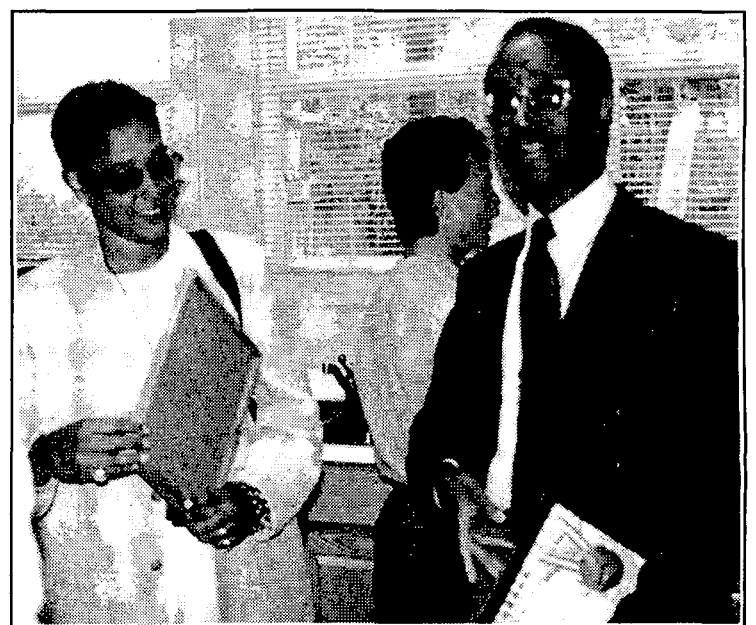


Helen Helfer, BHHC Executive Director, Vince Tang, General Contractor and Randy Gerson, Asian Neighborhood Design enjoy the open house celebrations in the newly landscaped backyard of Precita House.

AIDS/Rafiki House is providing social services for the people living there.

In the Fall of 1993, BHHC acquired a second two-unit home, on Precita Avenue, for persons with HIV/AIDS. Again through the co-

operation of the Redevelopment Agency and HOPWA, the community supports the opening of Precita House. The Black Coalition on AIDS again agreed to join forces with BHHC to provide services to the people living at this house.



Certificates of Honor were awarded to Joy Rucker and Gerald Lenoir of Black Coalition on AIDS for their collaborative efforts with BHHC in providing supportive services for Precita House.

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THE SIGN OF RESPECT

Bernal Heights Hillwide Garage Sale Saturday, August 13!

Bernal Heights will be a garage sale lovers dream on August 13, as over 35 neighbors bring out their second hand treasures for the Bernal Heights Hillwide Garage Sale from 9:00 a.m. to 3:00 p.m.

Garage Sale locations throughout the hill will be identified with a Hillwide map, produced by the Bernal Heights Neighborhood Center, the non-profit community organization hosting this fundraising event.

Colorful collectibles, good

books, garden tools, surplus furniture, funky clothes, outgrown toys and other assorted good stuff will line the hills of sunny Bernal Heights. Bargain hunters will also enjoy exploring Bernal Heights' hilly, charming streets and friendly neighbors, as well as discover the village like atmosphere of Cortland Avenue, the neighborhood's up and coming business area full of delicious restaurants and a wide variety of shops and services.

The Hillwide Garage Sale is a

community fundraiser to benefit Bernal Heights Senior Services, which provides social, nutritional and recreational services and programs to over 500 senior citizens in Bernal Heights.

See page 15 of this issue of the *New Bernal Journal* for the locations of the garage sales throughout the hill.

Additional free maps to the sale will be available for pick up after 8/5/94 at the Bernal Heights Neighborhood Center at 515 Cortland

Avenue, the Bernal Heights Branch Library at 500 Cortland Avenue and at all the garage sale sites throughout the hill. See page

For more information about the Bernal Heights Hillwide Garage Sale, call 206-2145.

Free Love

An older person. A homeless pet. They belong together. Our Pets and Older People Program unites people over 65 with a lifelong animal companion, absolutely free of charge.



For more information, contact:
The San Francisco SPCA 2500 16th Street San Francisco, CA 94103 415-554-3000

Paid Advertisement

What effect will higher payroll taxes have on neighborhood businesses?

San Francisco's business taxes are already high.

The City's per capita business taxes are 3.5 times the national average for 16 major cities, according to the Mayor's Fiscal Advisory Committee. A recent Committee On JOBS survey found that San Francisco businesses can cut their tax bills by 9 to 18 percent by relocating to other Northern California cities, such as South San Francisco, Walnut Creek, Oakland, Sacramento and Santa Rosa.

San Francisco can't afford to lose more jobs.

A study commissioned during the Agnos administration estimated that San Francisco loses 2,800 manufacturing and wholesale jobs with every tenth of a percent increase in the payroll/gross receipts tax. We can't afford to lose more high-wage positions. According to the Department of City Planning, between 1991 and 1992, San Francisco lost more than 30,000 jobs.

Excessive taxes levied on one business sector hurt the whole local economy.

The fortunes of small and big business are intertwined because many

neighborhood businesses depend on large employers for contracts. Consider TCB Builders in the South of Market district. TCB does everything from office remodeling to concrete work for San Francisco-based companies, such as Bank of America, Chevron, Pacific Gas & Electric and Pacific Telesis Company.

"The payroll tax is a tax on jobs," says TCB General Manager Tom Barnes. "We have been in business in San Francisco for close to 20 years. We have 20 employees and more than two dozen San Francisco-based vendors. Between 60 and 70 percent of our work comes from local corporations. We can't afford to lose these major employers."

If you agree that it's time for City Hall to make ends meet by cutting costs, not by taxing jobs out of the City, voice your concern. Clip and send in the attached coupon to the Board of Supervisors.

A strong local economy requires more than just big business or small business—it takes all business.

Yes, I want a long-term solution to the City's fiscal crisis. The Board of Supervisors should pursue cost-cutting plans before it contemplates more taxes.

Name _____
Address _____
San Francisco zip code _____

Send to: *Members*
San Francisco Board of Supervisors
City Hall, Room 235
San Francisco, CA 94102

Yes, I am interested in learning more about ways to solve the City's fiscal crisis, including budget and Charter reform. Please send me more information.

Name _____
Address _____
San Francisco zip code _____

Send to: *Committee On JOBS*
550 Kearny Street, Suite 1010
San Francisco, CA 94108

Every summer it's the same. San Francisco city government scrambles to bridge a multi-million dollar budget gap with new business taxes. In some years, these taxes hit small businesses especially hard, in others they hit big employers. But the effect is the same: businesses are closing or leaving San Francisco, and they're taking jobs with them. And when businesses and jobs leave a neighborhood they trigger a domino effect — economic decline, diminished city services and tumbling property values.

The Tax Spiral

The Mayor and the San Francisco Board of Supervisors have raised business taxes twice during the last two years: a total of \$30 million in 1993 and \$12 million in 1992. Raising the City's already high business taxes won't even begin to solve the City's long-term structural budget problems, but it will cost jobs.

Here's why:

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Around the Neighborhood

With Gloria Allen

Pearl's House

One of the joys of living is getting to know our neighbors; another is the appearance of so-called coincidences in our lives. The other day I was "steaming away" on the treadmill at my exercise class when neighbors, Ricardo Borrero and Danny O'Deay, who were peddling away on their stationary bikes nearby, recognized me from my photo in a real estate brochure that I had sent to them.

Ricardo, who was born in the Caribbean warmth of Colombia and was working as an engineer for Bechtel, invited me for tea and cake and conversation that afternoon. As I ascended the stairs of their home on Nevada Street, the fragrant lingering smell of jasmine greeted me. Inside the old home, I was surrounded by timeless eclectic beauty — a vibrant, light-filled space. Danny, a painter/photographer, toured me through this rhythmical house, which is really two houses on three lots. He was kind enough to give in to my impatient curiosity before serving tea, a delicious mixed green salad and sweet white corn from the Alemany Farmer's Market.

The original house was built around 1896. Pearl Crooker, daughter of the home's original owner, this house. Reporter, Pearl's Roger, used wood from boxes to ex-home, creating signs in the room in the rented to a sea in his spare the family an mahogany crebling the sailing vessel. liant bunch of turtium sides.

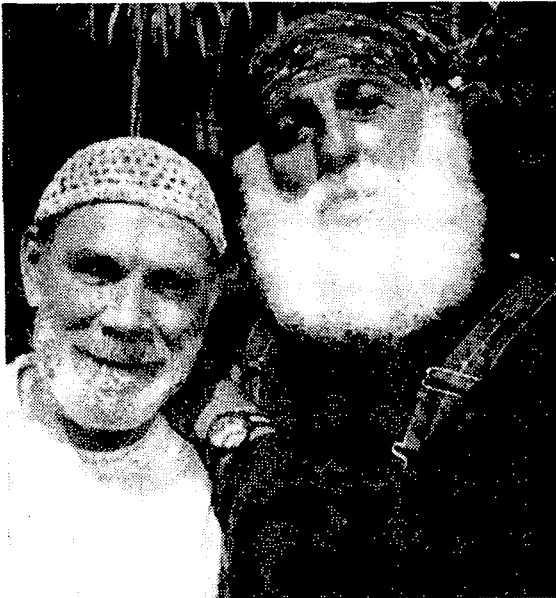
Pearl spent in this house — son and daughter, introducing the union to at the Empo-she worked, her three husbands. In the 60s, Pearl rented out rooms and the house got the reputation of being a "hippie house." Her home was where People's Bakery was started and was also used as a half-way house for American Indians.

Pearl wanted to die in her beloved home, specifying that she would only leave it "feet first." In 1976 the Ricardo and Danny bought the property from Pearl's daughter, Lynn. A dramatic smile lights up Ricardo's face as he says "we also bought Pearl, too!" Pearl remained in the rental apartment upstairs.

Ricardo and Danny moved in August around Pearl's 80th birthday with a 10-year mortgage and plans for the first of nine birthday parties for Pearl. She was their friend and their inspiration and they lovingly cared for her until three days before her 90th birthday, when she fell asleep peacefully and did not wake up for the communion that was regularly brought to her.

Ricardo and Danny redesigned and expanded their home and created the lush and lovely tropical garden surrounding the large windows opening up the house to the elements. They furnished it with carpets and paintings, antiques and the mementos of living — so full and yet so organized.

There is an inescapable peacefulness and playfulness that permeates the atmosphere. Time seemed to disappear and be irrelevant as I sat in the kitchen at the long marble table, next to a huge Wolf range. Eating pineapple molasses upside down cake and drinking strong tea I listened to my new-found friends dramatize stories of life at Pearl's house. •



Danny O'Deay and Ricardo Borrero live in Pearl's house on Nevada Street.

was born in ing an im-father; scraps of shipping pand his intricate de-process. A home was captain who, time, built elegant dark denzaresem-cabinetry of a Today, a bril-orange nas-adorns its

herentire life raising her ter, introduc-the cafeteria rium where and surviving

Having a party? Wedding or Baptism reception? Community event or meeting?



Book your next party or event at the Bernal Heights Neighborhood Center!

Located on Cortland Avenue at Andover Street, you and your friends, family or group can afford our diningroom rates for as low as \$50 per hour or a meeting space for as low as \$5 per hour.

Call Jess Dugan at the Neighborhood Center
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Bernal Heights Neighborhood Center Board and Committee Meetings

Fundraising Committee
Monday, August 15, 6:00 p.m.
Children, Youth & Families Coalition
Tuesday, August 16, 7:00 p.m.
Outreach Committee
Tuesday, September 6, 7:00 p.m.
Senior Committee
Monday, September 12, 4:00p.m.
Fundraising Committee
Wednesday, September 14, 6:00 p.m.
BHNC Board Meeting
Monday, September 19, 7:00 - 9:00 p.m.
Children, Youth & Families Coalition
Tuesday, September 20, 7:00 p.m.

All meetings held at the Bernal Heights Neighborhood Center
515 Cortland Avenue. Call 206-2140 for more information.

New Bernal Journal Advertising: 206-2144

Fiesta on the Hill!

Annual festival can not happen this year without the support of Bernal residents and merchants

By Mauricio E. Vela, Center Director and Demece G. Garepis, Fiesta '94 Chair

It's Fiesta time in Bernal Heights, and the Bernal Heights Neighborhood Center is in the midst of organizing the 6th annual "Fiesta On The Hill" Saturday, October 22nd 10:00 a.m. - 6:00 p.m. - 6:00 p.m. at the Bernal Playground (Cortland and Moultrie). The Fiesta is our annual multi-cultural, intergenerational community celebration showcasing our neighborhood performing and visual artists. In addition to the artists, we will have food vendors, arts & crafts, community information tables and organized children's activities. We will also recognize our outstanding community volunteers. Fiesta is an opportunity to celebrate all of the past year's community accomplishments.

This Fiesta marks the BHNC's 16th year anniversary serving your needs. The Neighborhood Center has worked very diligently to maintain and expand services with the help of the community. Come celebrate this past year's accomplishments including:

- Led a joint collaboration with Mission Y and Mission Community Legal Defense, Precita Center and Enterprise for a 300K grant to provide childcare, recreational afterschool activities, job training and placement and gang prevention.

- BEST (Bernal Elders Support Team) joined our ongoing senior service programs at BHNC, widening our services to frail at home elderly.

- Sponsored the 6th annual Community Congress which drew from the input of 26 house meetings, 400 people, and over 150 congress attendees.

- Launched Bernal Jobs Campaign as mandated by the Congress to create jobs for Bernal youth, targeting 500 additional jobs annually.

- Provided 400 Bernal youth with part-time training and employment opportunities.

- Organized a successful hillwide DPW (Dept. of Public Works) meeting as mandated by Congress, featuring DPW representatives and local civic improvement groups with a follow up meeting in October.

- Sponsored "THE HEIGHTS", our co-ed little league baseball team bringing families and 20 8-10 year olds together for weekly recreation.

- Completed our beautiful 2 year Mural project on Andover and Ellert in conjunction with Mission Cultural Center.

- Coordinated with NIT-AMP

(Neighborhoods in Transition, - A Multicultural Partnership) to initiate a young women's outreach program "Ladies First."

- Sponsored 1st annual Merchant/Youth Reception honoring merchants and our college bound youth.

- Continued to provide technical assistance to many neighborhood

groups such as the Precita Valley Coalition and Moultrie Street Neighbors.

- Largest employer on the Bernal Hill with over 25 staff members.

- Working with Bernal Dwellings tenants and neighborhood associations to put together a comprehensive plan for services and development

support

- Initiated a new program, EMP (Emergency Meals Program) to serve meals to frail home bound elders.

- Sponsored Bernal youth and families on our float at Carnaval, 1st annual Cinco de Mayo dinner, and our 3rd annual Soul Food Dinner.

- Work in collaboration with our sister organization BHHC (Bernal Heights Housing Corporation) to ensure future affordable housing opportunities in our community.

Now more than ever, we are depending on your early support. Without your early support we won't be able to produce a Fiesta our neighborhood deserves.

For more information, call the Bernal Heights Neighborhood Center, 206-2140.



Youth and Local Business Reception

By Mauricio Vela, Center director

On June 15th the Bernal Heights Neighborhood Center's (BHNC) Outreach and Organizing committee sponsored a tribute to our college-bound youth and an appreciation for the businesses in our community who hire local youth.

Lester Zeidman of Good Life Grocery on Cortland Avenue, Linda Andrakin of Cole Hardware on Mission Street, and Kirk Sanders of

Goodman

Lumber Co.

on Bayshore

Boulevard

were on hand

to receive

their "thank

you" gift

packages,

which in-

cluded a

handmade

belt crafted

by BHNC

board mem-

ber and

Cortland

merchant

David

Rogers.



Lester Zeidman of Good Life Grocery receives an award for his role in hiring neighborhood youth.

Board Member Julian Navarro donated gifts for ten youth packages, including school supplies, toiletries and a gift certificate from Pizza Express.

Outreach Committee Chairperson, Patricia Fasano and Bill Sorro, board president, hosted the celebration. John Osaki from New Ways Workers and Glenn Eagleson from the Mayor's Youth Employment and Education Program were also on hand, as was Alan Silverman from Heartfelt and Vincent Montenelli from McDonald's on Bayshore Boulevard.

Thirty youths attended the reception, which included an ice breaker where youths and merchants got to know one another, and the presentation of awards. The reception was part of the BHNC's 1994 jobs campaign to develop 500 subsidized and nonsubsidized jobs by the end

Continued on page 12...



Karina Cordona, a MYEEP participant, accepts her award for completing two successful years in the youth program and going on to San Jose State University.

FIESTA!

We need your early support to coordinate to bring FIESTA '94 to Bernal Heights

Early contributions deadline is Friday, August 12, 1994.

Please make your check out to "BHNC - FIESTA"

Support the Fiesta by becoming a:

() Patron \$500.00

() Sponsor \$250-499

() Comadre/Compadre \$101-249

() Fiesta Amiga/Amigo \$25-100

() Fiesta Fan \$5-24

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515 Cortland Avenue
San Francisco, CA 94110

Nonprofit Housing Development Corporations: Community-Based Success

by Ann Ostrander,
BHHC board member

Many people equate low-income housing with rundown public housing built immediately after World War II. They do not know that in the past twenty years, a different type of housing has been developed that successfully serves the low-income population but reduces many of the problems of previous subsidized housing.

Community-based nonprofit organizations have produced quality in-fill housing that is integrated so well with neighborhoods that residents often are not aware that it is subsidized for low-income households. Rehabilitation of an area's buildings is also part of this effort. The nonprofit sponsors develop housing that addresses concerns of their neighborhood. Community-based nonprofits have a stake in ensuring that the housing does not become a nuisance.

Many of these development corporations were formed in the 1960s and 1970s under federal programs such as the Model Cities Program.

In light of discussion lately questioning the value of government aid to cities, the track records of development corporations such as the Bernal Heights Housing Corporation (BHHC) attest to the success such programs can achieve.

BHHC was founded in 1991 as

development for low-income families, begins this summer.

This work is intended to address the gap in the private housing market between rents and what San Franciscans can afford to pay. According to the city's Comprehensive Housing Affordability Strategy, over 83,000 low-moderate-income renter households pay more for housing than they can afford. This problem is especially severe for extremely low-income households, of whom over half pay more than 50 percent of their income for rent. With over half of

an already tight budget being reserved for rent, many San Franciscans find it difficult to cover other essentials such as food, trans-

portation costs and medical expenses. Nonprofit developers commit to keeping rents affordable for low-income people so tenants can afford to keep a roof over their head while also covering other essentials.

Funding to build this housing comes from federal, state, local and private financing. The operations of the BHHC and organizations like it are funded through a variety of sources, including the federal government's Community Development Block Grant (CDBG) program, a successor to the Model Cities program. CDBG

part of the Bernal Heights Neighborhood Center. The neighborhood center was established in 1978 and embarked on housing development in 1981 to rehabilitate six single-family homes. Since then, 94 homes have been rehabilitated for low-income homeowners. Three other buildings, housing 18 people, have been acquired and rehabilitated in the neighborhood. Fifty-three new units have been created, including Coleridge Park Homes for seniors in 1989 and Holladay Avenue Homes, a limited-equity homeownership project completed in 1984. Construction on Market Heights, a 46-unit de-

funding has been very tight over the past several years, forcing organizations to scramble for other sources to cover basic operations. The BHHC and its sister organizations operate on extremely limited budgets with salaries far below the industry standard for comparable work in the private sector.

There is no doubt, however, that these organizations provide a service that for-profit developers cannot provide. Little money can be made from these developments and the chance of being financially compensated is small for long hours of community education and the

requisite tours of the successful, though "invisible," existing projects. Non-profit developers across the country have been bridging the gap left by for-profit developers for over twenty years. Its "invisibility" — a desired sign of success — can ironically work against it. If more people knew of it, communities could be brought together more easily over this much-needed resource for low-income people.*

For more information, call the Bernal Heights Housing Corporation, 206-2140.

"Over 83,000 low-moderate-income renter households pay more for housing than they can afford... over half pay more than 50 percent of their income for rent."

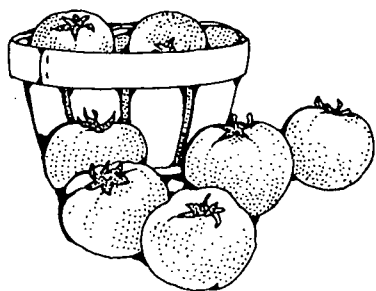


LOW INTEREST LOANS FOR HOME REPAIRS

The City of San Francisco and the Bernal Heights Housing Corporation are working together to offer the Community Housing Rehabilitation Program to low income homeowners in Bernal Heights. Loans of up to \$40,000 are available at only 3% interest to help homeowners correct life threatening hazards and health and safety code work. Loans may be deferred for ten years; senior citizens may defer repayment indefinitely. Bernal Heights property owners who have owned their house for at least one year and qualify under the following maximum family income guidelines are eligible:

Family of 1: \$27,800	Family of 5: \$42,900
Family of 2: \$31,750	Family of 6: \$46,050
Family of 3: \$35,750	Family of 7: \$49,250
Family of 4: \$39,700	Family of 8: \$52,400

Call BHHC at 206-2151 or 206-2147 for more information.



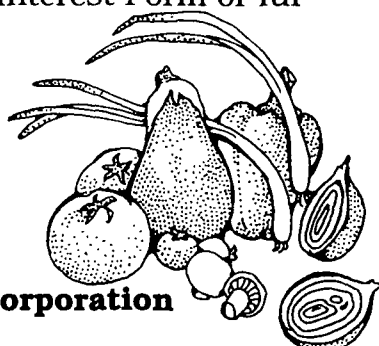
Dear Bernal Heights Neighbors and Farmer's Market Shoppers,

Last month we received our building permit to begin construction of Market Heights, our affordable housing development on the hillside behind the Farmer's Market. Some of you who shop at the Market may have noticed the temporary fence around the site. We plan to start construction in late August, but want to assure everyone - particularly our neighbors who regularly shop at the Market - that **it will not be interfered with in any way during the 12-14 months of housing construction.**

In fact, for those of you who may be new to Bernal Heights, we encourage you to shop at Farmer's Market on Alemany Boulevard, and for those of you who may be interested in applying to live at Market Heights, please feel free to call us at 206-2140 for a Housing Interest Form or further information.

Sincerely,

Helen Helfer
Executive Director
Bernal Heights Housing Corporation



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Attention Home Owners! Thinking about selling? Prices in Bernal Heights have been going up. We at Brown Bear Realty are your neighborhood Realtors. Call us for a free market evaluation of your home. Ask for Kristin or Bob : (415) 285-5700.

Two Lots for Sale - North Slope Bernal Heights. Price: \$115,000 each. Zone R-1. 1766 Alabama, corner of Ripley. 1750 Alabama, level. Have sewer and view. Lot sizes 25 x 80 each. Ed Lingsch Realty, 648-1516.

Attention Landlords! Where have you been? We have prospective tenants inquiring about rentals every day. Post your rental information on our bulletin board for free - call Kristin at Brown Bear Realty: (415) 285-5700.

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VOLUNTEER OPPORTUNITIES

Volunteer in Video! The Bernal Heights Housing Corporation, the neighborhood's nonprofit developer of housing for low income people, is putting out a short video on our work. We are looking for accomplished editors, camera crew or others with experience in video production to assist us. Please call Chloe at 206-2151.

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Bernal Dining Guide



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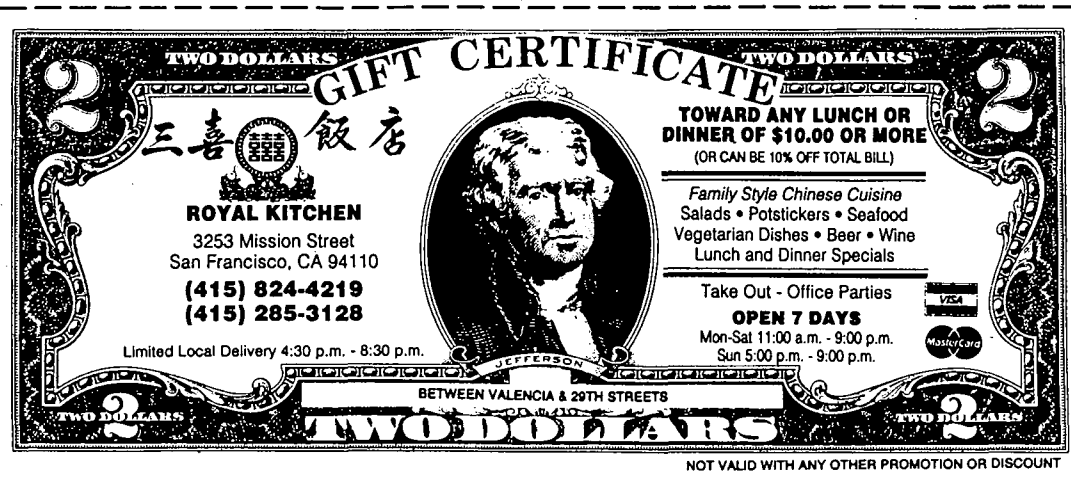
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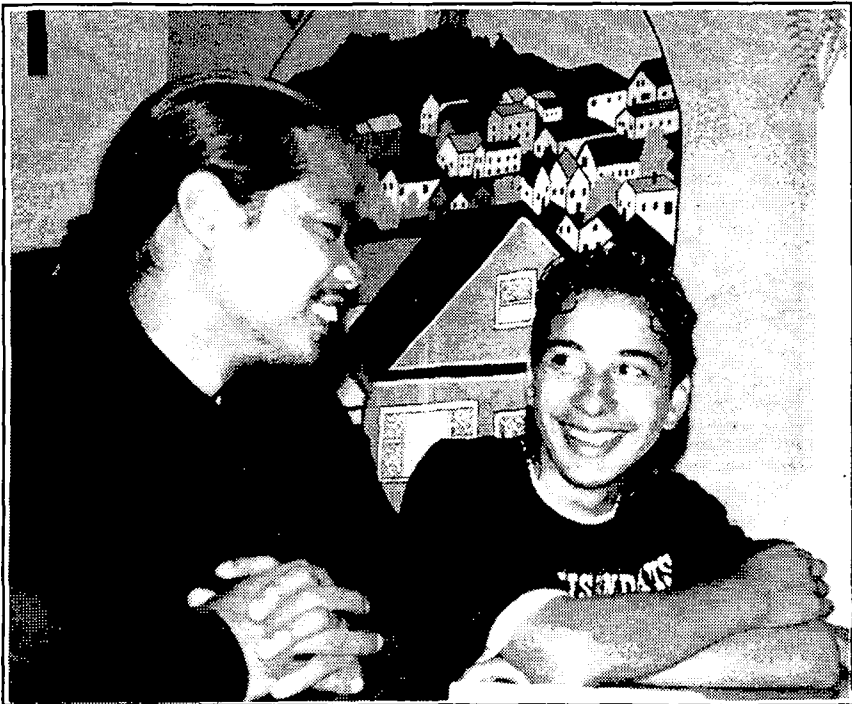
Summer with the Gang Prevention Program

By Joy Ferguson, GMC Coordinator

When Eddie, a bright eighth grader at Aptos Middle School wasn't doing so well in school, he was referred to Rudy Corpuz, a Gang Prevention Program (GPP) counselor at the Bernal Heights Neighborhood Center. Eddie is one of fifty-one youth who are currently working with Gang Prevention Counselors to guide them towards the right choices to do

well in school and stay away from the negative effects of gangs.

Eddie likes to hang out with his friends and go to parties, which is not unusual for a young man of his age. However, he has gotten into trouble before. Rudy Corpuz cited the fact that the youth may not have been receiving enough support, attention, and help to see that being "bad" is not the only way to



GPP counselor Rudy Corpuz raps with Eddie to find out how his summer is going.



GPP participants enjoy a ferry boat ride to Alcatraz. Back row from left: Eddie, Rudy, Joseph, Alberto, Art Jr. Front: Eric Boy, Andrew, Bryant, Jessie.

go. Eddie estimated that about 90 percent of the students at his school have had some sort of gang involvement, including "wannabes", or claiming ties with the same gang that an older brother or sister claims. He has a younger brother who he worries will get involved with gangs. But Eddie says that he will do whatever it takes to keep his little brother out of trouble—even if it means moving out of the city.

The Gang Prevention Program works to keep the doors of the future open and hopeful to youth who are at-risk, focusing on keeping

youth in school and out of trouble. This summer the counselors have been very busy encouraging the youth in summer school (half day program), getting summer jobs, and going on outings. The outings, such as a trips to Alcatraz, Angel Island, and a rafting trip, have been donated from the Willie Brown Task Force, the Mayor's Criminal Justice Council and a fishing trip from the S.F. Youth Fishing Program. The outings give the counselors and the youth a chance to spend time together in new environments.

This summer Eddie has enjoyed the outings offered to youth participating in the Gang Prevention Program. In order to keep on the right track, he talks with his counselor Rudy four or five times a week. Eddie says that he is glad that Rudy came along, "He's really helped me out and put my

mind to better things. I want to thank him."

Rudy is very qualified to provide counseling and support to Eddie. Rudy has been where Eddie is now. Rudy, coaching Eddie during his interview says for him to, "Tell her how you want to go back to school and do really well. I'm his agent, I'll speak for my client". Eddie smiled, but backed him up, and said it was true that he is going to make more of an effort in school. He doesn't know what he wants to do when he gets out of school. He is thinking about art school.

Eddie says that his mother has also been one of his greatest sources of support. "She gives very good advice to help me out of problems." When he, however, "gets busted" for bringing home failing grades, it is hard for his mom to listen.

Rudy says that the young people have a hard time relating to adults at their schools. As a part of La Raza Club at Aptos Middle School, Eddie worked with a group of students to resolve issues like these at the school. They worked with other ethnic clubs to work through racial tensions on campus. He likes participating in La Raza because they get together and talk and work on making things better for the students.

Today, Eddie plays soccer, and like so many World Cup fans of the Mexico team, was disappointed to see Mexico go out so early. Lately, he's been spending a lot of time with his girlfriend and staying out of trouble. He looks forward to more outings and activities with the Gang Prevention Program this summer.

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Winners drawn on 8/25/94. Need not be present to win.

PROCEEDS BENEFIT:

- Awards Dinner
- Youth Dance
- College Scholarships

Thanks for your support!

For more Information call the BHNC Youth Program:

(415) 206-2155

Youth & Business Reception

Continued from page 8...

of the year. This goal was established as a result of the March 1994 Community Congress which mandated the BHNC to find jobs for idle youth.

During May, 40 youths completed the Mayor's Youth Employment and Education program (MYEEP) and 16 were placed in nonsubsidized positions. June provided 100 youths with subsidized placements in our Summer Youth Employment and Training program. Twelve more youth were placed in nonsubsidized positions. July and August should be just as successful with the hiring of Job Developer Natasha Lopez, who replaces Raul Rodriguez as our new Ready For Work counselor.

With the community's continuous support, the staff of the BHNC will continue to succeed in placing youths in jobs. Neighbors with any employment leads are invited to call Ready For Work at 206-2150.

Back to school training for volunteers

The San Francisco School Volunteers are offering a free training to those interested in serving in the schools as a volunteer. The "Back to School Training Institute" offers instructive workshops will enhance skills as well as orientate new school volunteers.

"Motivating Students to Learn," "Reading Strategies," "Introduction to Working with Youth," and "Working One-on-One With Children" will provide techniques and ideas to guide volunteers toward working with students of all levels.

The training will be held on

September 10, 1994

from 9:00 a.m. to 12:00 noon

at Raphael Weill Elementary School at 1501 O'Farrell.

Register before September 2 by calling

S.F. School Volunteers at 274-0250

Lending a hand to our elders

Emergency Meal Program volunteers deliver more than food

The names of elders and last names of volunteers in this story are not given in order to protect the privacy of program participants

Since Bernal Heights Senior Services implemented its Emergency Meal Program in January, over 14 frail elders too weak or incapacitated to prepare their own food received 258 free frozen meals and 542 pounds of shelf staples from caring community volunteers.

"Bernal Heights is really a great community that cares," says Bernal Heights Senior Services Director, Vicki Victoria. "Whenever we get the word out that our seniors need help, neighbors always respond and are eager to help our elders."

"I've seen frail seniors on the city's Meals on Wheels waiting list wait eight to twelve weeks, even longer, before they begin receiving their home delivered meals," says Victoria. Budget limitations create these long waits for such an important service, she says. "We developed the Emergency Meal Program because we feel a frail senior should not have to go hungry because of a waiting list."

"Thanks to a grant from the Mrytle V. Fitschen Charitable

Trust Fund and several incredibly caring volunteers from the community, these frail seniors can have the meals they need to become well again."

A couple these wonderful volunteers are Brad and Mary, who have been delivering meals to a frail couple, Mrs. and Mr. "M," both in their mid-80's. Until her recent hospitalization, Mrs. M managed to take care of her elderly husband. Upon her discharge, she was too weak to cook. A constant supply of frozen meals in Mrs. M's freezer reassured her that a hot meal was only a few minutes away in a microwave.

In addition to delivering meals, Brad and Mary also spend time talking with Mrs. and Mr. M, not only to provide a friendly ear, but also to learn of any other needs that the elders may have. These needs are reported to the Senior Services staff. Often additional services, solutions to problems with in-home support care and arranging transportation to medical appointments result from these visits.

Susan is another volunteer who delivers meals to a wheelchair-bound frail elder. Discharged from a care facility because her medical

coverage ran out, Mrs. "G" became too weak to lift herself in and out of her wheelchair. One day Susan learned that Mrs. G had spent the night lodged in her wheelchair because her regular attendant stopped coming to put her into bed. Susan notified the Bernal Elder Support Team staff, who helped get Mrs. G proper and regular care. This care and concern by the program's volunteers and staff helped to turn around an unfortunate situation.

In a time of limited social services budgets, the Emergency Meal Program succeeds because it benefits from a rich neighborhood resource: community volunteers who have a sense of duty to those in need. Bernal Heights neighbors continue to answer this call and are again needed today.

"Seniors who live alone are often discharged from hospitals without anyone being notified. There is no safety net waiting for them when they get home," says Nic Griffin, a social aide at the Bernal Heights Senior Program. "This is why we need to find and keep good, dependable volunteers on board who are ready to help seniors when the need arises."

Emergency Meal Program

What: Volunteers needed to deliver frozen meals to frail elders in Bernal Heights.

Call: B.H. Senior Program, Nic Griffin, 206-2142.

Elders in need: Bernal Elder Support Team, 206-9177

Seniors!

Aging Successfully through the Free and Easy Method

Older adults can take charge of their health by learning simple techniques that cost nothing and are available to everyone. Developed and taught by Diane See, this lively class offers a variety of experiences to encourage good health, positive thinking, and general well-being.

Each Wednesday morning another aspect of health and relaxation will be covered in an informal discussion group. Topics include: benefits of better breathing; importance of reducing tension in the body; how thoughts and attitudes affect your immune system, and how to change them. Practical exercises are offered for each topic.

Each class also includes gentle exercises based on t'ai chi. These slow and easy movements will

improve flexibility, balance and stamina. They are beneficial for people at all levels of physical ability.

Diane also leads the class in singing nostalgic songs before lunch each week. She will return on August 24th with her lively Wednesday morning class, from 9:30 a.m. to 12:00 p.m. at the Bernal Heights Senior Program, 515 Cortland Avenue. There are no requirements for these non-credit classes, no fees, and no commitment is necessary. Come and try it. Everyone is welcome.

City College of San Francisco offers many other free classes for older adults at Senior Centers throughout the City. For information call Terry Bloom at 550-4415.

For information about senior activities, programs and services in Bernal Heights, call:

Bernal Heights Senior Program: 206-2145

Bernal Elder Support Team: 206-9177

The Bernal Heights Senior Program Invites Seniors to our

Birthday Party & Dance

Monday, 10 - 2
August 29, 1994

in the St. Kevin's Church Hall



DANCE TO MUSIC BY BOB SOUZA!

All Senior Citizens Are Welcome to our Party!

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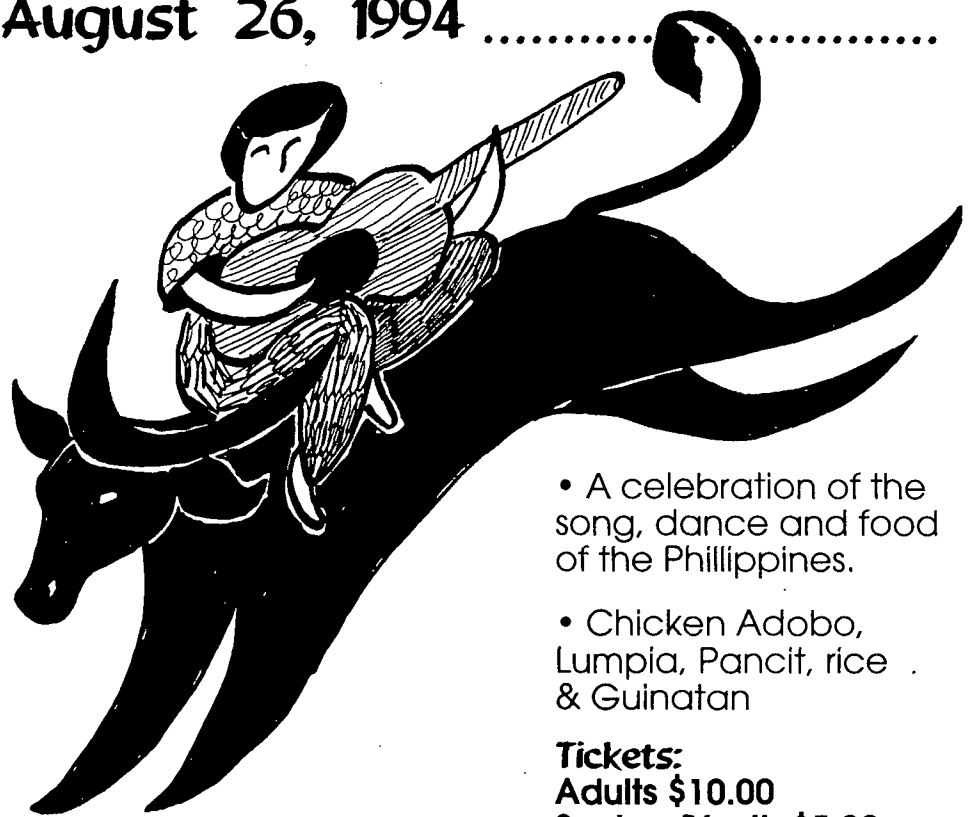
DOORS OPEN 6pm • 1st GAME 7:30 pm

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A Fundraising Benefit for Bernal Heights Senior Services

Filipino Barrio Fiesta Dinner!

Friday, 6:00-9:00 pm
August 26, 1994



• A celebration of the song, dance and food of the Philippines.

• Chicken Adobo, Lumpia, Pancit, rice & Guinatan

Tickets:
Adults \$10.00
Seniors/Youth \$5.00



Bernal Heights Neighborhood Center
515 Cortland Avenue, San Francisco • 206-2142

Take a Walk...Down Cortland

Taste and Style come to Bernal

By Kathleen Dunphy and Vicki Victoria

New Beauty Mark on the Hill

For 10 years, Bernal Heights customers traveled to Isa's at their 24th Street location in Noe Valley for hair and beauty care. To serve their loyal and new customers more better, owners Isa and Mickey Muhawieh have opened a second studio at 626 Cortland Avenue,

right next to Nicco's Cafe.

A hair cutting specialist for 15 years, Isa's was one of six salons chosen citywide by Nordstroms to participate in their annual hair stylist event hosted by Sebastians. The community is proud to welcome such renowned talent here on Cortland Avenue.

Isa's is a full service Hair Studio and Beauty Center, offering hair design, color and perm services as well as children's cuts and fine hair products. The studio's three year plan includes developing the building's upstairs area into more salon space to make room for facial services and more beauty products.

Isa and Mickey's good business sense led them to chose Cortland Avenue as the site of their new studio, saying that it reminds them of what Noe Valley was like ten years

ago. "There's a lot of opportunity and business will grow as it did on 24th Street," says Isa. "We really like the community spirit of Bernal Heights."

Isa's motto is "We Bring Out the Best in You," and their staff is ready to serve you daily from 10:00 a.m. - 7:00 p.m., Saturdays until 6:00 p.m. and closed Sundays. Call 641-1692.

Culinary Academy Grad on Cortland

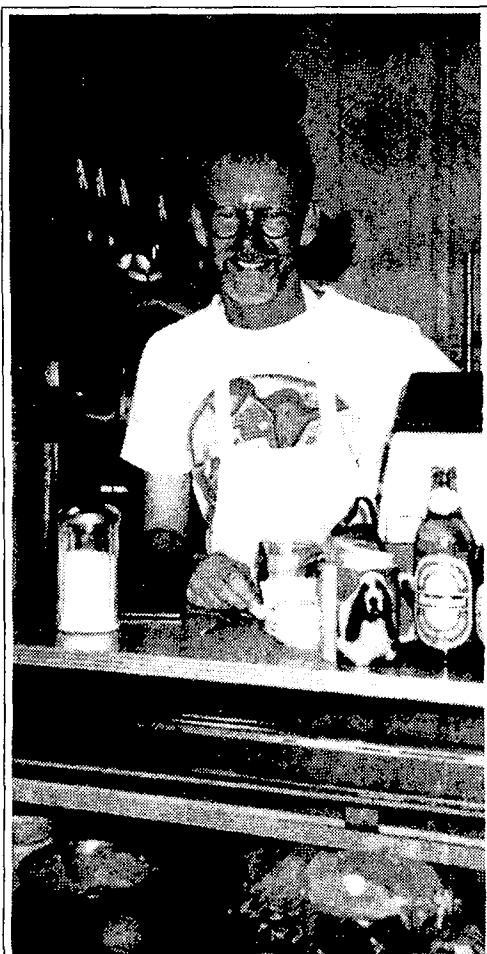
Since June, Bernal Heights has discovered delightful Ricotta cheese and crouton omelettes, savory salmon and sun-dried tomatoes for lunch and filling vegetarian specials daily at The Barking Basset Cafe at 803 Cortland Avenue. A graduate of the California Culinary Academy whose 11 year cooking experience in San Francisco includes the South Park Cafe, owner Wayne Matson's impressive resume reveals why his food is well above average.

Pancakes with fraiche and berries, French Toast with steamed apples, whipped cream and walnuts or a goat cheese, apples, walnuts and citrus vinaigrette salad are all enjoyed on linen covered tables in a light, airy room. With mouth watering entrees like these, The Barking Basset Cafe is destined to become one of Bernal Heights' favorite culinary treats.

"I've been watching Cortland Avenue's business district grow and felt that it was a good time to



Isa Muhawieh brings over 10 years of hair styling experience to the Hill, as well as providing top of the line beauty products to the community.



Bernal resident Wayne Matson opened the Barking Basset Cafe in June. His culinary skills have made breakfast on the Hill a delectable morning experience.

open a cafe," says Wayne, a Bernal resident who named his new cafe after his two basset hounds. The cafe will feature the work of a different neighborhood artist every other month beginning with the ceramics of Beverly Koenig currently displayed this month.

Breakfast can be enjoyed start-

ing at 7:00 a.m. weekdays and 8:00 a.m. on weekends. Fresh coffee, pastries and muffins are ready for folks on the go. Lunch, beer, and wine are served until 3:00 p.m. daily except Tuesdays, when the cafe is closed to give its hardworking staff a well deserved break.

Goodbye, Joe!

Youth take action against tobacco advertising

The tobacco industry has implemented a successful advertising and promotion campaign targeting youth to replace 3,000 smokers that quit or die each day. Children under 6 years old recognize Joe Camel as easily as Mickey Mouse.

The tobacco industry has been accused of luring kids into smoking with advertising campaigns like Joe Camel. This cool, fun loving cartoon figure can be seen on billboards leaning against fancy sports cars or being admired by beautiful women...always with a cigarette in his mouth.

Youth of in San Francisco, particularly children of color, are being coerced into smoking and have easy access to tobacco products.

"Nine out of 10 youth in San Francisco can buy cigarettes," says Karen Licavoli, Director of Environmental Health Programs of the San Francisco American Lung Association. "60% of billboards in African American neighborhoods

and 40% of billboards in Latino ones promote tobacco compared to only 30% citywide."

As a result, the youth committee of the Tobacco Free Coalition will address the issue of tobacco and youth by reducing access to tobacco and restricting or eliminating advertising through model licensing and advertising policies.

The policy includes that stores do not post tobacco ads or promotional items in the store and that all tobacco products be kept behind a counter or in a display case, so that the buyer must ask for them.

Model advertising policies include establishing a one mile radius from schools and playgrounds for billboards advertising tobacco products, as well as restricting these ads from taxis and public buses.

To get involved or for more information, call Karen Licavoli at 543-4410.

By Vicki Victoria

\$45,000 INCOME, 3% DOWN, ASK US HOW???

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What equity do I need to borrow against my house?
Is now a good time to buy or sell a home?



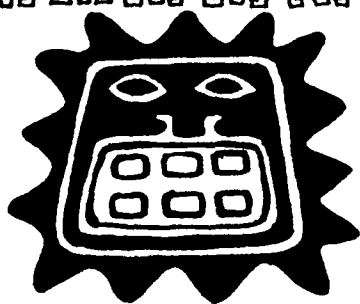
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September 21, 1994



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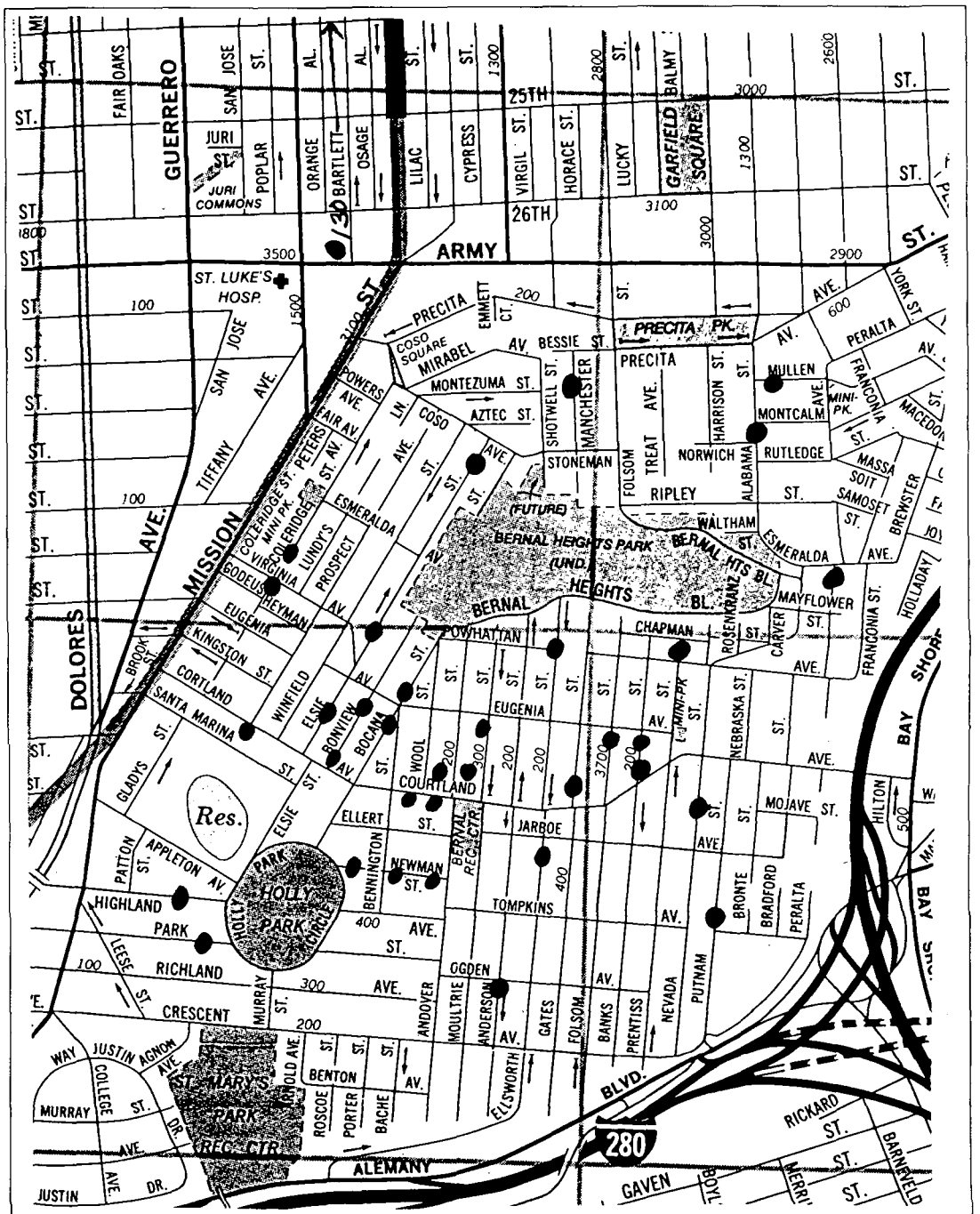
Bernal Heights Garage Hillwide GARAGE SALE

Saturday 9 - 3pm
August 13, 1994

Garage Sale Locations:

South West	Cross Street(s)
170 Highland Avenue	(Holly Park Cir.)
198 Park Street	(Holly Park Cir.)
11 & 15 Newman Street	(Holly Park Cir.)
130 Newman Street*	(Bennington)
136 Newman Street	(Andover)
249 Bocana Street*	(Cortland)
301 Bocana Street*	(Cortland)
Bernal Elder Support Team	
402 Cortland Avenue	(Bennington)
Four Star Videos	
430-A Cortland	(Wool)
Cooperativa Teodosia	
South	
515 Cortland Avenue*	(Andover)
Bernal Heights Neighborhood Center	
304 Moultrie Street	(Eugenia)
115 Ellsworth Street*	(Powhattan)
644 Anderson Street	(Ogden)
463 Ellsworth Street	(Jarboe)
240 Gates Street	(Cortland)
3763 Folsom Street	(Eugenia)
South East	
208 Banks Street	(Eugenia)
210 Banks Street	(Cortland)
64 Prentiss Street	(Chapman)
248 Nevada Street	(Jarboe)
196 Putnam Street	(Tompkins)
West/North West	
219 Bonview Street	(Eugenia)
250 Bonview Street	(Cortland)
147 Elsie Street	(Eugenia)
217 Elsie Street	(Eugenia)
Cortland Ave. @ Prospect	(Prospect Garden)
229 Coleridge Street*	(Virginia)
250-256 Coleridge Street*	(Heyman)
130 Bartlett Street*	(23rd St.)
North/North East	
79 Elsie Street*	(Coso)
57B Manchester Street*	(Bessie)
Multi-family sale	
1698 Alabama Street	(Norwich St.)
358 Mullen Street*	(Alabama)
634 Peralta Street	(Esmeralda)

*Pledged to donate a portion of their sale proceeds to Bernal Heights Senior Services, which assists frail & homebound elderly in the community.



• The Bernal Heights Neighborhood of San Francisco •

A Fundraising Event for Bernal Heights Senior Services

For additional maps or more information:

Bernal Heights Neighborhood Center

515 Cortland Ave., S.F., CA 94110 • (415) 206-2145

How do you reach 8,000 residents in Bernal Heights?

By advertising in the New Bernal Journal!

Ad space reservation deadline for the October/November '94 issue is 9/23/94. **Call: 206-2144**

Bernal Hilltop Natural History

Tarweeds Help Reclaim Weedy Bernal Quarry

By Barbara M. Pitscel

This month I am diverging from my usual habit of telling you about lovely, relatively uncommon, somewhat threatened native wildflowers to discuss a workhorse native plant.

The tarweeds, members of the Heliantheae (sunflower tribe) of the Asteraceae of Compositae (aster or sunflower family) receive their common name from glands that emit abundant strongly scented, viscid secretions. This family is characterized by heads that look superficially like large single flowers. The outer, or ray, flowers look like petals, and the central, or disk, flowers look like clusters of floral reproductive structures. Daisies, chrysanthemums, and dahlias are among the familiar members of this family, which includes many summer and fall bloomers.

In recent years, our Bernal restoration work parties have succeeded in removing large quantities of three invasive weeds, wild radish (*Raphanus sativus*), fennel (*Foeniculum vulgare*), and yellow star thistle (*Centaurea solstitialis*), from the quarry near the southeastern end of the hilltop. These exotics were taken out to prevent them from reseeding, despite the fact that there were no natives available to plant in their place. Individuals of these species will continue to need removal, but populations are definitely on the decline. Often such activity allows for the appearance of other later successional weedy species, so we weren't sure what to expect. We are delighted to see that a native tarweed, *Madia Sativa*, has taken over as the dominant species on the site.

Madia sativa's several common names, "common tarweed," "coast tarweed," or "Chile tarweed," are indicative of the broad range of this species. It inhabits coastal grasslands, brushlands, and roadsides in both natural and disturbed habitats from Alaska to Baja California. A disjunct population is also found in southwestern South America. Chile is the type locality where the species was first described, but this tarweed is considered to be native in its entire range. Its incredible adaptability probably explains its ability to recolonize Bernal's inhospitable quarry. It is common throughout San Francisco where it blooms from May to October.

Due to shallow Bernal soils, ours are on the short side, usually not exceeding a foot or two. The flowers are not conspicuous, owing to the small ray flowers; the flower heads are sessile (stemless) or on short stalks. Narrow leaves are rather crowded on the stout stems of bristly, hairy, sticky plants. You will be best able to recognize these plants by their "tar," strong-smelling, very sticky secretions from yellow to black glands.

Join us in removing weeds and improving habitat for tarweed and other native species at Bernal Hilltop Native Grassland Restoration work parties 11 a.m. on the third Sunday of each month. Call me at 282-5066 for details.

Correction: Last month I told you about the reintroduction of Bernal's "farewell-to-spring." I called it Clarkia amoena, but the correct current botanical name is Clarkia rubicunda. Sorry for the confusion!



Madia sativa

Gardening on the Hill

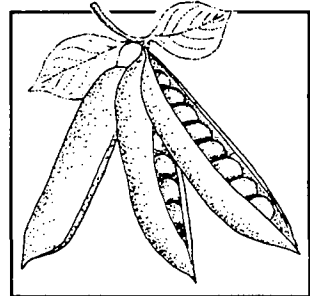
Vegetables to Plant in August

By Rose Blum

Because of our colder than usually "summer" in the City, many Bernal gardeners have told me that their vegetable gardens have not produced as well this year. Well, take heart and take advantage of the gray skies to plant cool weather loving veggies now.

Lettuce: Leaf lettuces are more tolerant of both cold and hot water than are head types and are therefore the preferred choice of gardeners in our fickle San Francisco weather. Another advantage of leaf lettuces is that you can continually harvest the outer leaves without removing the entire plant. Plant leaf type lettuce 6 inches apart and protect them with shade during very hot weather (it does happen a couple a times a year in San Francisco!) which causes them to go to seed quite rapidly.

Peas: Since their production time is short and not as bountiful as other vegetables, chose the edible pod types to enjoy the delicious, sweet pods too peas themselves. peas require trellis for best which will also aesthetic touch. The roots of your very sensitive, plant the seeds ground instead ing. Plant 2 and 2 inches



and not just the Vine types of staking or a production, add a lovely to your garden. pea plants are so it is best to directly in the of transplant-inches deep apart.

Spinach: August is the month that begins the growing season for spinach on the hill. Plant spinach 1 inch apart and thin to 3 inches when plants are 3 inches tall. Keep on planting up to February for regular harvests.

Beets: Soak seeds in water a day before planting, to help germination. Sow in moistened soil, 1 inch apart and later thin to 3 inches.

Cabbage: Set transplants deep, close to the first leaves, 2 feet apart. Cabbages love water, so provide them with abundant amounts.

Take care when transplanting

Many gardeners purchase vegetable plants from nurseries to help to ensure success. Started plants are commonly sold in "Six Packs" or 4" containers. Be sure to chose these carefully, selecting only the healthy looking plants that do not have weak, faded leaves from lack of water or insect infestation. Also look under the plant's container to see if its roots are crawling through the drain holes, indicating that the plant has sat on the shelves too long. Find out when your nursery will receive their shipments of new stock for the best and most healthiest selections.

Although blooms on a vegetable plant are attractive and look to promise immediate produce, try to select plants that have not yet gone to bloom. Your new transplants need to develop strong roots systems firmly in your garden bed before they begin producing blooms, which take a lot of energy from a young plant. It may be hard to do psychologically, but you should pinch off these blooms in order to allow your plant to concentrate on building a strong foundation first to ensure a bountiful harvest later.

Bernal Concerns

Continued from page 1...

- A left hand-turn signal eastbound on Alemany Boulevard onto Putnam Street.
- A stop light at the corner of Mission Street and Highland Street.
- Signs on Bernal Hilltop for "No Dog Poop."
- More public trash receptacles on Cortland Avenue, as well as the rest of the hill.
- Repaving the 300 through 700 blocks of Gates Street.

For a complete list of concerns, call Jess Dugan at the Bernal Heights Neighborhood Center, 206-2140, and also feel free to call the

representatives listed above. We encourage you to also add to the list. We will publish all the accomplishments from our town meeting in the October/November '94 issue of the New Bernal Journal along with the work not completed or addressed by the city. The response from the city representatives at the meeting was very positive, and we look forward to seeing results in the coming months.

Special mention of appreciation goes to Patty Fasano, our outreach chair, who moderated the meeting, and to Charles Bolton, co-chair of the Northwest Bernal Block Club, who participated on the panel as a neighborhood advocate.

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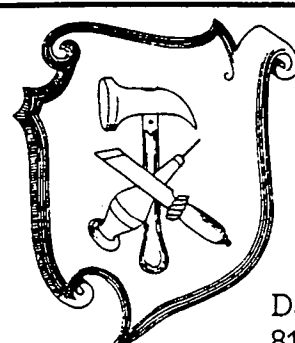
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Plastics Recycling - What's The Real Story?

By David Assmann,
Public Outreach Coordinator, San Francisco Recycling Program

"My plastic container has a recycling arrow on the bottom, so why won't the recycling collectors accept it?" This is one of the questions the San Francisco Recycling Program gets asked frequently. To answer this question, we need to look at how plastics are made and how they are recycled.

One-third of all plastic is used for items with a lifespan of less than one year. We now use more than 1 billion barrels of oil a year just to make plastics. The largest single use for plastic is for packaging, with a significant percentage being used for "convenience" packaging. In fact, we now spending more for packaging our food than farmers receive in net income.

Today there are 200 different plastic resins, but most consumer products made from plastic fall into one of 6 different categories. These six resins, #1 - Polyethylene Terephthalate (PET), #2 - High Density (HDPE), #3 - Polyvinyl Chloride (PVC), #4 - Low Density Polyethylene (LDPE), #5 - Polypropylene (PP) and #6 - Polystyrene (PS) are all manufactured using different processes and cannot be mixed together and recycled. So, for example, if one shampoo bottle is included with a load of soda bottles, it could contaminate the whole load and make it unrecyclable.

The Society for the Plastics Industry came up with a labeling system for plastics a number of years ago. This system, which uses the above numbers (from 1 to 7) surrounded by recycling arrows, was designed to identify the different types of plastic resins so that they could be more easily recycled when recycling system came into place.

However, even though most plastics are

technically recyclable, the recycling infrastructure for plastics is in its infancy. Less than 3 percent of the 60 billion pounds of plastic produced every year are actually recycled. And although plastics made up a minute percentage of the waste stream in 1960, by 1992, plastics occupied more than 20% of landfill space nationwide. This percentage is continuing to grow, and the Environmental Protection Agency estimates that a quarter of our garbage will be plastic by the turn of the century.

As a result of this low recycling rate, and lack of recycling facilities for plastic, environmentalists and recyclers have been pressuring the plastics industry to change their recycling symbols, arguing that the symbols mislead the public into believing that plastics are easily recyclable.

How does that relate to what's recyclable in San Francisco? Well, the highest recycling rate for a plastic resin is 24% - for PET (#1) plastic. A combination of factors (including the California redemption value given to plastic 2-liter soda bottles) have resulted in a reasonable market for this kind of plastic. That's why we can accept #1 plastic two-liter soda bottles in our recycling program citywide. However, since there's not a well established market for many of the other plastic resins (four of the six resins have a recycling rate of less than 1%), we currently can't accept any other kinds of plastic.

If market conditions improve the San Francisco Recycling Program will be able to accept other kinds of plastics. But until that happens, if you have the choice between plastic and an alternative recyclable material (like glass), choose the recyclable material. •

Geographical History of the Hill

Moonlighting Soldiers Named Bernal's Streets

By Ed Roper

This is the second of a three part series exploring the geography and origins of Bernal Heights and its streets.

Many of the streets in the greater Mission, and particularly in Bernal Heights, were named and surveyed by "moonlighting" junior engineer officers from the Presidio Army Base.

In naming the streets, the engineers chose the names of battles and military officers from five different wars fought in America. One lowly corporal with De Anza's troop, Gabriel *Peralta*, crashed this "officer's club" on the hill.

Major Robert *Anderson* (1805-1871) was in command of a garrison of only 75 men at Fort Sumter in Charleston, S.C., when the opening battle of the Civil War began. Anderson's pleas a month earlier for increased troops and supplies were denied. Prior to 1909, Anderson Street's name was Kosciuszko, for the Polish volunteer General Thadeus K. who fought in the Revolution.

Horatio *Gates*

American Revolutionary-born in England. colonists when the Wars began. He intrigue to remove Commander-in-

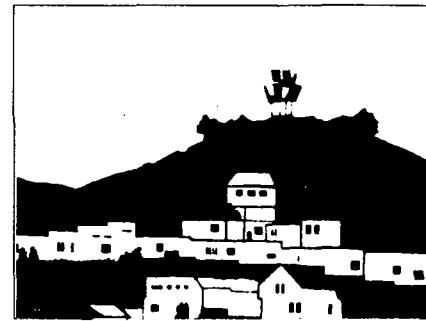
Nathaniel (1816-1894), a Major General in born in Waltham, Fort Royal by

son, and again by Jackson at the second battle of Bull Run, Banks later aided Grant in the opening up of the Mississippi River at Fort Hudson.

Bennington, Vermont, was chartered as a town in 1749. In 1777, British General John Burgoyne sent a column of Hessians to raid Bennington, but they were badly beaten by Nathan Hale's Green Mountain Boys, one of the first victories for the colonists in the war.

Bonview Street was originally named Buena Vista, a battle in 1846 during the Mexican-American War. *Elsie* and *Winfield* Streets were also originally named for battles of this war, Cherubusco and Chapultepec respectively, where Winfield Scott prevailed as the victorious general. •

Ed Roper has taught social studies for over 30 years in the city's public school system. He continues to research and study the history and geography of the city's streets and neighborhoods.



(1727-1806), an tion general was He joined the Revolutionary was also part of an Washington as Chief.

Prentiss *Banks* politician and a the Civil War, was Mass. Defeated at Stonewall Jack-

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COMPOSTING:

Composting is nature's way of recycling. Compost your food scraps in a compost bin, or if you live in an apartment building, in a worm bin. Don't know if composting is for you? Come to a free Composting Workshop at the Garden for the Environment, at 7th and Lawton in the Sunset District. There will be three composting workshops in August - August 13, 21 and 27th. Call 285-7584 for information.



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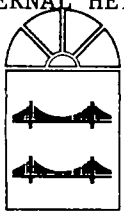
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Bernal Library News

By Dorothy Coakley, Children's Librarian

A Gift To The Bernal Library . . .

The Bernal Heights Branch has a large paperback collection of children's books dedicated in honor of individuals. Every day young browsers leaf through our collection and check out books purchased in honor of individuals.

Books purchased to remember the lives, marriages, anniversaries, births or other special moments of honorees are all stamped with an insignia that bears the inscription "a gift to the Bernal Heights Library." These loved but dog-eared copies reflect the dedication of our patrons to their branch. They also provide a lasting tribute to people who have themselves, shared their talents generously with the community.



Nicole White (far left) with her fellow Kid Power participants at the Bernal Library in 1988.

In Honor Of Nicole White "Kid Power Volunteer." In the summer of 1988 at the age of ten, Nicole White was one of twenty Kid Power volunteers at the library. She was a popular child who always smiled. Nicole became the group secretary after a spirited election and logged countless hours patiently helping younger children get summer reading prizes. She visited the library through the years, as calm and sunny as she had been as a small child. When a car accident claimed her this year, many of her teenaged friends added books in her name to our collection.

In Gratitude To Dr. Bill Eisman. A children's dentist, who founded a dental clinic in Vietnam, Bill was an active patron at our branch until he was fatally injured in a fall from a ladder. He arranged for a display of Vietnamese

children's art work, generously provided paper and art supplies for the children's activities and donated a Wednesday night program to the library. Active in providing medical supplies to El Salvador, Bill often said "Don't you dare say I am retired, I'm working harder now than I ever have!"

To Remember Mark Turner, Origami Expert. Mark brought the Bay Area Folders to the Bernal Heights Branch, where they continue to meet once a month. He made his skill available to young origami folders, and conducted a special class for children one winter at the library. He provided a rotating exhibit of origami in the foyer of the branch and had recently published a book on paperfolding, when he succumbed to a debilitating illness.

In Memory of Angus Mackenzie, Journalist. Angus Mackenzie was a founding member of the Center for Investigative Reporting. An amazing collection of newspaper clippings, files, data, alternative press material and information, the Center continues to be a primary resource for journalists seeking background information for newspaper articles and books. Angus shared his expertise freely with the Bernal Heights Library. His wife is currently preparing to write his biography.

Like each of the people memorialized in this article, our children's paperback collection dedications acknowledges the special attributes of each member of our Bernal Heights community. Nicole, Bill, Mark, Angus...we'll always remember you.

Battle's not over for Bernal Library

By Ellen Egbert, Save the Bernal Library Committee

Although voters passed Proposition E in June, the Bernal Branch Library will *not* automatically gain more "open hours" when new library schedules become effective in January, 1995.

Proposition E, the Library Preservation Fund, amended the City Charter to ensure that the city sets aside 2 1/2 cents for each \$100 of assessed property value tax collected each year. The passing of Proposition E promised increased hours at branch libraries which would, however, be determined on a city-wide basis. This could

mean that some branches would receive more hours while others could stay the same or even have their current open hours reduced.

Revised library schedules will be determined by the Library Commission based primarily on their perception of community need and desire. Branch surveys that are currently nearing completion. The Commission will also hold meetings in late August or September at each branch to hear from community members. It is important that residents from Bernal Heights attend our meeting to ensure that our branch does not get lost in a re-scheduling shuffle:

1) Watch for an announcement of the date and time of the community meeting to be held at the Bernal Branch Library;

2) Attend this meeting and use your community spirit and enthusiasm to show how important the Bernal Library is to you;

3) Speak up at the meeting to let the Library Commissioners know that the Bernal Heights community supports and uses its branch. Tell them that we need more open hours and tell them why;

4) Use your Bernal Branch Library and use it often! Circulation statistics can play a major role in determining which branches receive more or less open hours.

For more information, visit the library, come to the Save the Bernal Library Committee meeting tentatively planned for Monday, August 29, at 7:00 p.m. in the library or call me at 824-8925.

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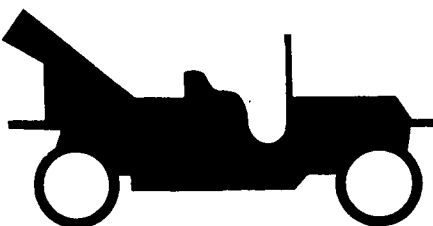
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Bernal Calendar

Hillwide Garage Sale

Saturday, August 13, 9:00 - 3:00 p.m. Bernal Heights will be a garage sale lovers dream as over 30 households participate throughout the hill in this sale to benefit Bernal Heights Senior Services. For a free map, send a S.A.S.E. before 8/10/94 or drop by the Neighborhood Center at 515 Cortland Avenue. 206-2145.

Latin American Music at the Library

Saturday, August 13, 2:00 p.m. The Bernal Branch Library invites neighbors to a free performance of Latin American Music, exuberantly performed by "Colibri." 500 Cortland Avenue. 695-5160.

Literature for Kids

Tuesday, August 16, 2:00 p.m. Children 3 years and older are welcome to participate in "Word-for-Word," a special literature program for kids at the Bernal Branch Library. 500 Cortland Avenue. 695-5160.

YMCA Flea Market

Saturday, August 20, 10:00 a.m. - 3:00 p.m. If you are a bargain hunter and enjoy searching for unique treasures then don't miss this sale at the Mission YMCA. Table rentals space available for \$10.00. 4080 Mission Street near Silver Avenue. 586-6900.

Community Health Education Talks

Saturdays, 10:30 a.m. - 12:00 p.m. St. Luke's Hospital invites you to come to their free Community Education Programs each month. The August 20 presentation is "Nose Woes II: Treating Allergies," September 10 is "Women & Heart Disease," and September 17 is "Preparing for a

Healthier Pregnancy." To register call 821-DOCS (821-3627).

Filipino Barrio Fiesta Dinner

Friday, August 26, 6:00 - 9:00 p.m. Enjoy folk dance, song and food at the Filipino Barrio Festival Dinner. A cultural and fundraising dinner to benefit Bernal Heights Senior Services. Tickets: \$10/ adults, \$5/seniors or youth. 515 Cortland Avenue. 206-2145.

Dining Out, Helping Out

Tuesday, September 20. Many of the city's top restaurants will be taking a bite out of hunger by donating 10 percent of this day's proceeds to the San Francisco Food Bank, which helps feed the hungry. Giribaldi Cafe, Pizzeria Uno and Scott's are just a few of the participants. For a list of participating restaurants call 1-800-200 DINE.

Miraloma Open House

Sunday, September 25, 10:00 a.m. - 3:00 p.m. Meet Miraloma Nursery's teachers, parents and children during an open house in their "little red school house." Discover a wide range of activities for children 2.9 to 5 years of age at this parent-run cooperative. 443 Foerster Street, one block north of Monterey Boulevard. 585-6789.

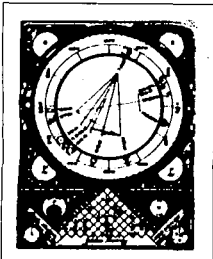
Senior Birthday Party & Dance

Monday, September 26, 10:00 a.m. - 2:00 p.m. Folks 60 years and better are invited to dance to live music and celebrate the birthdays of the month. Admission is free, \$1.25 donation for a hot lunch. St. Kevin's Hall, Ellsworth off Cortland. Bernal Heights Seniors, 206-2145.

Astro Rap

By Jessica Murray

The planet Pluto makes a station on August 5th, and power will be in the air.



This tiny, distant planet stands for the most intense forms of power imaginable: particularly the forms we cannot see. Thus it is that Pluto, named for the god of the Underworld, governs the very powers we would just as soon not see. Pluto rules underground missile silos, volcanoes, underground crime, and the myriad repressions of human sexuality.

When Pluto is strong in the sky, as it will be the first week of August, whatever power plays we have going will move from covert to overt.

Individuals with planets or angles in the latter degrees of fixed signs will be strongly affected.

Jessica Murray is available for consultation at Lodestar Books, 864-3746, and at her office: 626-7795

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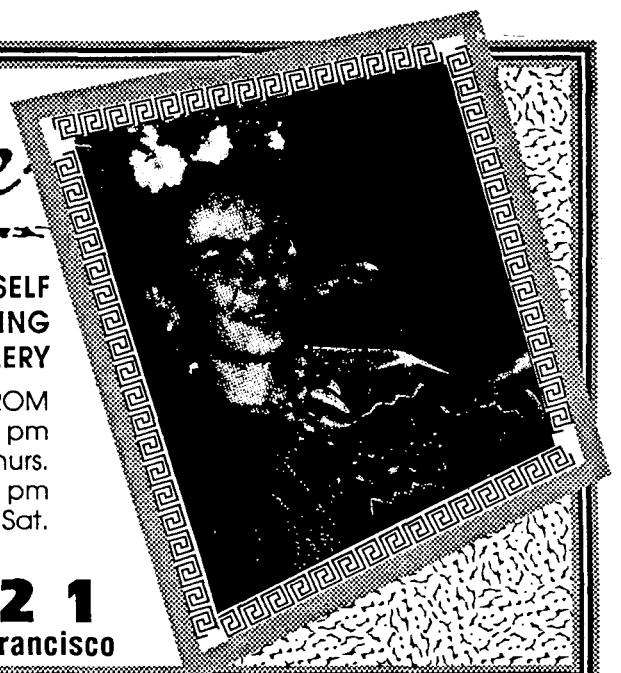
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